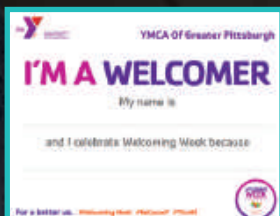


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALLEGHENY YMCA

ONE Y FOR ALL

SEPTEMBER 2019



Stop by the Welcome Center and join us by showing your support for our diverse community by posting with your own "I am a Welcomer" sign. Post it on Facebook and tag the @AlleghenyYMCA. For a better us.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
DONATION STATION We will be collecting Teddy Bears the entire month to raise awareness of Childhood Cancers. All donations will be given to Children's Hospital. New/unopened toys only	 SLAM YOUR STRESS AWAY September 9-13 What is stressing you out lately? Write it down and slam it away with one of our medicine balls	MONTHLY MEMBER CHALLENGE Can you get 1,000 kettlebell swings	HEALTHY LIVING TESTING WEEK – September 2-6 Test your fitness level with a trainer! Take advantage of both a biometric screen and function movement assessment to see exactly where you rank!			
8	9	10	11	12	13	14 PARENT'S NIGHT OUT 6:00-10:00p.m. Drop the kids off and enjoy a night out! Space is limited - Register today
15	16 LES MILLS LAUNCH PARTY Stop by the Welcome Center all week to learn about the Les Mills experience. Fill out a class pass, drop in to either BodyPUMP or SPRINT, and be entered in to a raffle to win a Wellness Orientation	17	18 WELCOMING WEEK OPEN HOUSE – Celebrate our diversity with a potluck focusing on international food, games and activities.	19	20 DIVE-IN MOVIE SERIES 6:00-7:45p.m. Finding Nemo in the Allegheny Pool – Join us for a night on the water	21 "FALL INTO FITNESS" 10:00a.m. Celebrate the first day of Fall-Bring a friend for this partner, community basics of CrossFit.
WELCOMING WEEK – SEPTEMBER 13-22						
22	23 FALL PREVENTION AWARENESS DAY Lunch and Learn; education about the impact of falls, health implications, and prevention strategies	24	25	26	27 BEAT THE TRAINER September 23-27 How long can you hold a 24kg kettlebell? Challenge one of our trainers and be entered to win a Wellness Orientation!	28
29	30	31	 NEW MUSIC, NEW MOVES, NEW YOU. September 16-20 Join us for live demos, meet the instructors, and learn how LesMills programs can help you meet your fitness goals.			



Welcoming Week | September 13-22

THE UNITED STATE OF US



RECIPE CARD

Zucchini and Chickpea Tagine



INGREDIENTS

- 6 ounces carrots, peeled and cut into 1/4" thick half-moons
- 1/4 cup extra-virgin olive oil
- 1 1/4 pounds zucchini, diced
- 3 cups cooked chickpeas (preferably home-cooked)
- 1 teaspoon kosher salt
- 1/4 teaspoon cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon dried mint
- 1 teaspoon ras el hanout (optional)
- 1/4 teaspoon Aleppo pepper or cayenne or chili flakes
- 1 tablespoon tomato paste
- 1 tablespoon minced preserved lemon
- Juice of 1/2 lemon
- Optional garnish: flat-leaf parsley

INSTRUCTIONS

- Place the carrots in a small, loosely-covered microwave-safe bowl and microwave on high until beginning to soften, about 90 seconds.
- Place the oil in your largest skillet or a Dutch oven over medium-high heat. Saute the zucchini until it is tender. Add the carrots and all of the remaining ingredients (chickpeas, salt, cinnamon, cumin, mint, ras el hanout, Aleppo pepper, tomato paste, preserved lemon, and lemon juice). Add 1/2 cup water and mix thoroughly. Bring to a simmer, reduce heat to low, cover, and cook for 10 minutes.
- Taste and adjust seasoning. It will probably need more salt, and you may want to amp up the spices, depending on your taste. Serve hot, garnishing with parsley if you desire.



EXERCISE OF THE MONTH

Purpose: Cardio and Joint Movement

Exercise: Basic Salsa

1. Stand with both feet together.
2. Step to the right. Bend your knees.
3. Return to the middle.
4. Step to the left. Bend your knees slightly.
5. Return to the middle.
6. Try it a little faster. Slightly rock to the side as you move. Loosen up your upper body. Let your shoulders move with your feet.
7. Faster this time! Add some hip as you rock. Make it your own! Check video for correct tempo.